

toe end and on the rear or heel end for securing a boot on a ski or a snowboard, the ski or snowboard having a guide apparatus extending in the longitudinal direction of the ski, comprising:

said boot holder components form-fittingly connected, detachably in the vertical direction in a fixed manner, to the guide apparatus,

a holding device arranged between the boot holder components and secured on the ski or snowboard, and

connection elements connecting the guide apparatus to the holding device.

2. (Amended) A binding according to claim 1, wherein the guide apparatus secures the holding device.

3. (Amended) A binding according to claim 1, wherein the holding device is at least partially integrated into the ski or snowboard.

4. (Amended) A binding according to claim 1, wherein the guide apparatus has segmented rails.

5. (Amended) A ski binding or snowboard binding having boot holder components on the front or toe end and on the rear or heel end for securing a boot on a ski or a snowboard, the ski or snowboard having a guide apparatus extending in the longitudinal direction of the ski, comprising:

said boot holder components form-fittingly connected, detachably in the vertical direction in a fixed manner, to the guide apparatus,

a holding device arranged between the boot holder components and secured on the ski or snowboard, and

said boot holder components coupled in the longitudinal direction of the guide apparatus to said holding device, and

connection elements which can be adjusted against a self-locking effect connecting the guide apparatus to the holding device.

6. (Amended) A binding according to claim 5, wherein the connection elements are part of a threaded spindle.

7. (Amended) A binding according to claim 6, wherein the threaded spindle is mounted axially on the holding device and is screwed into parts having an internal screw thread with threaded sections having opposing threads, said parts being arranged in an axially fixed manner in the boot holding components.

8. (Amended) A binding according to claim 5, wherein the boot holder components or the connection elements have an adjusting device which has an adjusting input operated by a motor-driven tool such as an electric screwdriver.

9. (New) A binding according to claim 1, wherein the boot holder components or the connection elements have an adjusting device which has an adjusting input operated by a motor-driven tool such as an electric screwdriver.

10. (New) A binding according to claim 1, wherein the rail guide secures the holding device on a central section of the rail guide.